

# Smoke-Free Home Pledge Challenge

## YOU Can Make a BIG Difference in a Child's Life During Child Health Month

Every year, millions of children suffer from health problems caused by exposure to secondhand smoke. Because of this **avoidable exposure**, children suffer from ear infections, asthma, pneumonia, and bronchitis.

EPA and HHS are leading the charge during Children's Health Month (October 2004) by issuing a regional Take the **Smoke-Free Home Pledge Challenge** as part of EPA's nationwide Smoke-Free Homes Pledge Program. This program focuses on protecting children's health, especially the most vulnerable - children six years of age and younger - by encouraging people, whether they smoke or not, to take the Smoke-Free Home Pledge. Children's Health Month is an excellent time for all of us to focus on what we can do to make that happen.

**YOU can help protect children** by taking these two important steps:

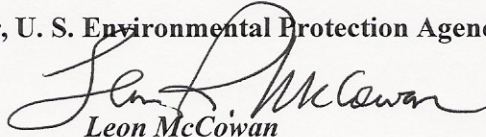
1. Take the Smoke-Free Home Pledge at <http://www.epa.gov/smokefree/pledge/index.html>. Just enter your Zip Code. It is completely anonymous! You can even print out your own Pledge Certificate to sign and display. Here is what you would pledge to do:
  - If you smoke, until you quit, choose not to smoke in your home or car. Go outside.
  - Don't allow anyone - family members, baby-sitters, or friends - to smoke in your home or car.
  - Educate yourself, your family, and friends about all the health problems associated with secondhand smoke by reading information on our website:  
<http://www.epa.gov/smokefree>.
2. Integrate the need to protect children from secondhand smoke into your everyday activities, for example, when you talk with school or day care staff, conduct community meetings, attend health fairs, carry out inspections and more. Think about it...there may be a number of ways for you to do that without any extra burden on you, since there are excellent materials ready for your use. Check them out at <http://www.epa.gov/smokefree>.

Working together, we can make a significant difference in our children's health by helping to make our homes and cars smoke-free. For additional information contact Mr. Mike Miller at [miller.michael@epa.gov](mailto:miller.michael@epa.gov) or Dr. Evelyn Daniels at [edaniels@acf.hhs.gov](mailto:edaniels@acf.hhs.gov).



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